

DINNERLY



Vegan Mango Mini Pavlovas with Coconut Cream and Passionfruit Drizzle



2,5 hours



2 Servings

An egg-free pavlova? You better believe it! The secret ingredient is aquafaba – the liquid from a can of chickpeas. It whips into light, crispy meringues that taste just like the original. Top with swirls of whipped coconut cream, fresh mango and passionfruit for a sensational dessert.

WHAT WE SEND

- 400g chickpeas
- 110g caster sugar
- 10g cornflour¹⁷
- 400ml coconut milk
- 150g icing sugar¹⁷
- 1 mango
- 2 passionfruit

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- ½ tsp white vinegar

TOOLS

- large oven tray
- baking paper
- stand mixer or electric beaters
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

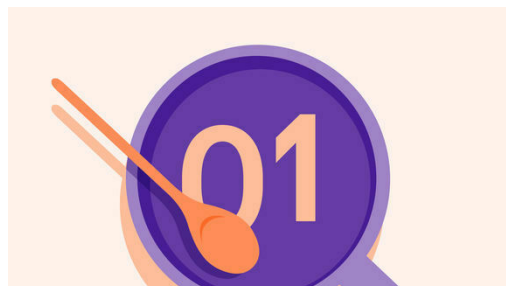
Plan this recipe ahead. Put your can of chickpeas and coconut milk in the fridge overnight to chill before using.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

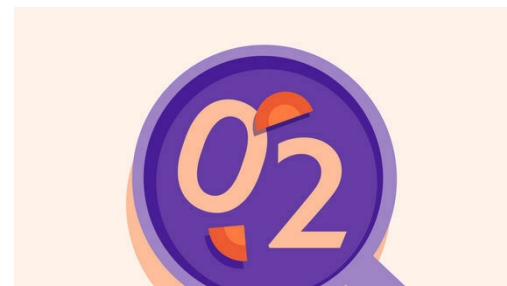
NUTRITION PER SERVING

Energy 730kcal, Fat 35.5g, Carbs 93.2g, Proteins 5.5g



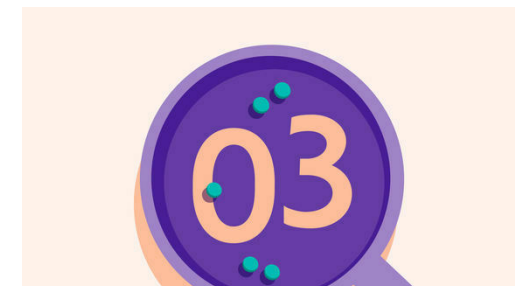
1. Prep ingredients

Chill the can of chickpeas and carton of coconut milk in the fridge overnight (this ensures the ingredients will whip). Preheat the oven to 100C. Line a large oven tray with baking paper. Drain the **chilled chickpeas***, reserving **80ml (⅓ cup) liquid** – this is called aquafaba (see Kitchen notes).



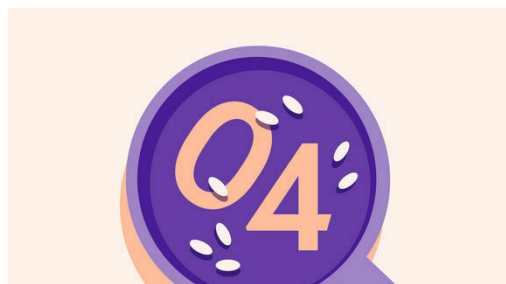
2. Beat aquafaba

Using a stand mixer (see Kitchen notes), beat the **aquafaba** on medium speed for 8 mins or until soft peaks form. Gradually add **110g (½ cup) caster sugar**, 1 tbs at a time, beating constantly for 10 mins or until the sugar is dissolved. Beat for a further 5 mins or until stiff peaks form and the mixture is thick and glossy. Add **½ tsp white vinegar** and beat for 1 min or until combined.



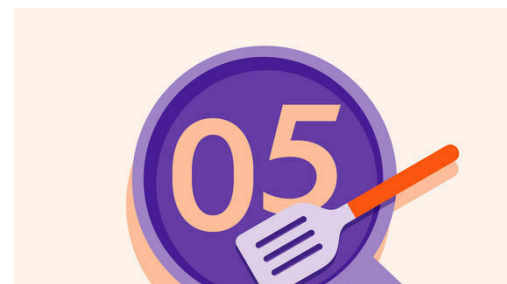
3. Bake meringues

Sift **10g cornflour** over the meringue and beat on low speed for 30 secs or until combined. Drop **heaped ⅓ cupfuls of meringue** onto the lined tray, spacing them about 5cm apart, then shape into six 8cm rounds. Bake for 2 hrs or until crisp and dry (they should sound hollow when tapped and come away easily from the baking paper). Cool the meringues in the oven with the door ajar.



4. Whip coconut cream

Meanwhile, cut open the top of the **chilled coconut milk** carton. Spoon the thick cream on top into a bowl (you don't need the thinner liquid at the bottom). Beat the coconut cream until soft peaks form, then sift over **1½ tbs icing sugar*** and beat until combined and smooth.



5. Serve up

Peel the **mango** and thinly slice. Halve the **passionfruit** and scoop the pulp into a bowl. Just before serving, spread the **whipped coconut cream** over the top of each **pavlova**. Top with the **sliced mango** and **passionfruit pulp** and serve immediately. Enjoy! **Makes 6 (1 per serve)**.



6. Kitchen notes

The chickpeas aren't used in this dish, just the liquid (aquafaba). ~ A stand mixer is ideal for making the meringue. If using electric beaters, it will just take a little longer to reach firm peaks. ~ The meringues lose their shape if refrigerated or covered with toppings. If making these in advance, store in an airtight container and finish with cream and fruit just before serving.